

It's a Selfless Act! Getting Your Flu Shot...

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The flu vaccination dates for our screening will be announced upon receipt of the vaccine. Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. It could be a very hectic season as some flu and COVID-19 symptoms overlap, which can cause delays in diagnosis, testing, and care. CDC has worked with vaccine manufacturers to have extra flu vaccine available this flu season. Manufacturers have already begun distributing flu vaccine and will continue to distribute vaccine throughout the season.



CDC recommends getting a flu vaccination in September or October but getting vaccinated anytime during the flu season can help protect you. Vaccination of people at high risk is especially important to decrease their risk of severe flu illness. Many people at higher risk from flu also seem to be at higher risk from COVID-19. If you are at high risk, it is especially important for you to get a flu vaccine.

If you think you have been exposed to COVID, have no symptoms, have symptoms, or are experiencing any flu-like symptoms please speak or communicate with your provider before you receive a flu shot. Mild symptoms do not keep you from getting the shot, but you do not need to expose others and will need to meet isolation criteria.

Flu and COVID-19

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm.

Will there be flu along with COVID-19 in the fall and winter?

While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be more important than ever. CDC recommends that all people 6 months and older with no contraindications, get a yearly flu vaccine.

Can I have flu and COVID-19 at the same time?

Yes. It is possible have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common this can be.

Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone. Diagnostic testing can help determine if you are sick with flu or COVID-19.

Will a flu vaccine protect me against COVID-19?

Getting a flu vaccine **will not** protect against COVID-19, however flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources.

Signs and Symptoms

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- ✓ Fever or feeling feverish/chills
- ✓ Cough
- ✓ Shortness of breath or difficulty breathing
- ✓ Fatigue (tiredness)
- ✓ Sore throat
- ✓ Runny or stuffy nose
- ✓ Muscle pain or body aches
- ✓ Headache
- ✓ Some people may have vomiting and diarrhea, though this is more common in children than adults

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. **Flu usually comes on suddenly.** People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

***It's important to note that not everyone with flu will have a fever.**

What you need to know

Anyone can have mild to severe symptoms.

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Watch for symptoms

People with **COVID-19** have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. As you know, the list for COVID symptoms changes on a daily basis.

Remember there is a Coronavirus symptom checker on the [cdc.gov](https://www.cdc.gov) website. It can help guide you to seek testing and the appropriate medical care.

Please refer to **cdc.gov** for further information. It is an invaluable resource! 😊

Plus, we are all still in this together!